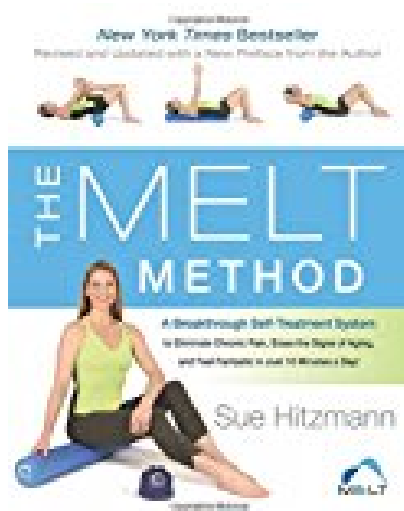


# The MELT Method A Breakthrough Self-Treatment System to Eliminate Chronic Pain Erase the Signs of Aging and Feel Fantastic in Just 10 Minutes a Day!

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## BOOK DETAILS

- Author : Sue Hitzmann
- Pages : 320 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 006206536X

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## BOOK SYNOPSIS

In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

### **THE MELT METHOD A BREAKTHROUGH SELF-TREATMENT SYSTEM TO ELIMINATE CHRONIC PAIN ERASE THE SIGNS OF AGING AND FEEL**

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